



International Quickstep

Pre-Bronze

- 1. Quarter Turn to Right
- 2. Natural Turn
- 3. Natural Turn with Hesitation
- 4. Natural Pivot Turn
- 5. Natural Spin Turn
- 6. Progressive Chasse
- 7. Chasse Reverse Turn
- 8. Forward Lock

Bronze

- 9. Closed Impetus
- 10. Back Lock
- 11. Reverse Pivot
- 12. Progressive Chasse to Right
- 13. Triple Chasse to Right
- 14. Running Finish
- 15. Natural Turn and Back Lock
- 16. Double Reverse Spin

Silver

- 17. Quick Open Reverse
- 18. Fishtail
- 19. Running Right Turn
- 20. Four Quick Run
- 21. V6
- 22. Closed Telemark

Gold

- 23. Cross Swivel
- 24. Six Quick Run
- 25. Rumba Cross
- 26. Tippy to Right and Left
- 27. Hover Corte

International Tango

Pre-Bronze

- 1. Walk
- 2. Progressive Side Step
- 3. Progressive Link
- 4. Closed Promenade
- 5. Rock Turn
- 6. Open Reverse Turn, Lady Outside
- 7. Back Corte

Bronze

- 8. Open Reverse Turn, Lady in Line
- 9. Progressive Side Step Reverse Turn
- 10. Open Promenade
- 11. Left Foot and Right Foot Rocks
- 12. Natural Twist Turn
- 13. Natural Promenade Turn

Silver

- 14. Promenade Link
- 15. Four Step
- 16. Back Open Promenade
- 17. Outside Swivels
- 18. Fallaway Promenade
- 19. Four Step Change
- 20. Brush Tap

Gold

- 21. Fallaway Four Step
- 22. Oversway
- 23. Basic Reverse Turn
- 24. The Chase
- 25. Fallaway Reverse and Slip Pivot
- 26. Five Step
- 27. Contra Check